SCHOOL AND CHURCH. The Catholies of Spain number

18,000,000, and have 40,000 magnificen -The census of missions to be taket

next year will, it is estimated, show an increase of 200,000 native Christians in India, Ceylon and Burmah for the last ten years—500,000 in all.

—We are insulting the Lord when we hire men and women to sing his praises who take his name in vain and scoff at him as soon as they are safely out of the church limits.—Watchman.

—The lady who has been as the safely out of the church limits.—Watchman.

the church limits.—Watchman.

—The lady who has had charge for many years of the Woman's Art School of the Cooper Institute, New York, writes a long letter to the Critic describing Peter Cooper's almost daily visits to the class-rooms, and showing how keenly he was interested in the good work of the school.

the school.

—It has been decided to postpone the general conference of the Evangelical Alliance appointed for 1883, in Stockholm, Sweden. It will be held in September, 1884. The postponement was at the request of Bishop Beckman, who thought the holding of the State church diet in the same month would interfere with the conference.

—In Miles City, M. T., the Metho-

-In Miles City, M. T., the Metho-In Miles City, M. T., the Methodists believe in receiving contributions from anybody, whether good or bad, who is disposed to give. They place contribution-boxes in the drinking satoons, and some of the patrons of those establishments drop a coin or two in whenever they take a drink. The boxes become as full of money as the customers do of drink.

Without some system of rewards to

—Without some system of rewards to show the progress of the pupils, a school is dead. Issue weekly or monthly reports. Be punctual to the moment in opening and closing school—in beginning and ending recitations. Get a good, ringing bell on your school house. Keep the premises neat and attractive, and the children enthusiastic.—Journal of Education.

-Dr. Schaff gives the following explanation of the great falling off in the sale of the Revised New Testament "A reaction was sure to come. It is essold—2,000,000 in England and 1,000, 000 in America. This is not a small sale for a book which may be called a new edition of an old work. Another ob-stacle to its immediate acceptance by the public is that the work has no sanction of authority as yet. The con-vocation of Canterbury will not pass upon the revision until both Testaments are finished. Then it may authorize or reject it.

PUNGENT PARAGRAPHS.

A Polish novelist has written 590 stories. No one thought so man stories could be put on one pole.—N. O. Pica-

—A poet says: "O summer land! O, sunny South! I turn to thee! I open my mouth and drink thy fragrance once again!" "Fragrance in the Sunny South costs about ten cents a drink, and its other name is Old Rye.—Chi-

-The skeleton of Pilot, the defunct elephant, should have been purchased by a Jerseyman and turned into a sofa. Why? Because where malaria is prev-aient a little bone-settee in the house is very desirable.—N. Y. Commercial Ad-

i — "Are your domestic relations agree-able?" asked a Judge of a colored wit-ness. "What's dat conjunction boss?" "I ask are your family ties pleasant?" "Wall, no sah. When a 'oman ties a man when he's drunk an' whips him till he's sober, I doan' think dat it's pleasant sah."

-He was a man who would weigh at —He was a man who would weigh at least three hundred pounds, and when he said to his small friend, at whose office he called on his way down town, "I'll drop in on you when I return," the little man exclaimed: "Gosh!" and fainted away.—N. Y. Journal.

—At a recent meeting of the lady managers of a Troy local charity a question came up as to the admission of an applicant over eighty years of age, when one of the managers arose and said: "I am opposed to the admission of any octagons into this institution." Troy, (X, Y, I) Times. mission of any octagons into the tution."—Troy (N. Y.) Times.

-"Dear, dear," exclaimed Mrs. Shoddygenteel at her last party, "that care-less French cook has burnt the plum less French cook has burnt the plum pudding, forgotten to make charlotte russe, and dropped salt in the ice cream; but never mind, we shall have some-thing for dessert, anyway. Mary, bring in the dried apple pie."—Chicago

 A young woman, seventeen years age, eight feet ten inches high, and still growing, is on exhibition in En-gland. Her name is Marian Wedde punster provokes the wrath of a ng public by proclaiming she grows up and is ready to that when she grows up and is ready to Wedde, some aspiring living skeleton or other human monstrosity will be

-"No sir," said the Colonel defiant, "no sir. This idea of a prayer cure ly, "no sir. Inis idea of a prayer care is infinite bosh; it is supreme absurdity. Now look at me; do you suppose all the praying in the world could do me any good?" And the pastor, who is a very conscientious man, sighed deeply, and sadly replied that he did not be-lieve it would. And yet the Colonel did not seem to be very happy over the ad-

-"I thought you had sworn off." merchant whom he met coming out of a saloon. "So I did; but I have a good reason for taking something." "What on for taking something." "What?" "Because I detest cranky mu" "Why, what do you mean?" sic." "Why, what do you mean? "Well, I see in a morning paper that the water which I've been drinking is full of organic matter, and if I keep on swallowing it my soul will absorb all its vital musical elements. Hence, this apparent breaking of my resolution."

They will hereafter meet as strangers.

N. Y. Mail.

Hominy and Arnica.

An old darkey came into an Austin drug store with his head bandaged up and groaning as if every bone in his body was broken. What's the matter?" asked the drug

clerk.

"We have had the bery debble of a time, me and de ole woman, battering each udder wid de chairs and sich." Well, what do you want?"

"We needs some anarchy. Dar ain't no anarchy in de house. De bottle got smashed in de fuss, and de anarchy spilled all ober de floor."

"If you had more harmony in your

house, there would be less anarchy," remarked the drug clerk, smiling as he filled a small bottle of arnica. "You am right, boss. Dats jes what de fuss was about. De reason we need anarchy is bekase dar was no hominy to de house, and dats why de ole woman the name some people might not see the single saloon which constitutes the place.—Detroit Free Press

A Fantastic St. Louis Romance.

A St. Louis Fost-Dispatch reporter

A St. Louis Fest-Dispatch reporter gave rein to his imagination the other day and started out for a pleasant little excursion. Feeling the influence of the spring, however, his imagination soon took the bit in its mouth and bolted, and the reporter found himself struggling helplessly with the American College at Rome and a private yacht; with a lot of lords and ladies in England, and a gypsum cave belonging to Jay Gould in St. Louis; with an execution in Alexandria and a Catholic priest in New York. He was rescued by heroic efforts at the end of two and three-quarter columns, and is reported to be doing as well as could be expected.

The result of his adventure was story in brief as follows: James Chester, son of Sir Archibald, and a "dude" of the first water. Lady Alicia De Vere,

son of Sir Archibald, and a "dude" of the first water. Lady Alicia De Vere, sister to Aubrey De Vere, the poet, toc lovely for anything. Young people en-gaged, of course. James goes off for a year's cruise in his yacht, after being kissed by the Lady Alicia and Dante Gabriel Rosseti in the Liverpool docks. Incidentally be attends a wholesale exe-cution in Alexandria at the invitation of his friend the Khedive, and buys off one of the criminals for \$5,000. An Enolish man-of-war comes in and the English man-of-war comes in and the English man-of-war comes in and the Captain gives James a copy of the Times, containing the somewhat extraordinary announcement that "His Grace the most ReverendArchbishop of York," had married in St. Paul's Cathedral "the Right Honorable William Lawrence Hyde, K. C. B., second son of the Earl of Clarendon, and Lady Alicia De Vere."

James fainted, and on recovering went to Rome, after which, having called on Cardinal Antonelli (who, the reader will be surprised to learn, lived in "the Palazza Borghesi"), he entered the American College. In three months he was graduated and was made professor of theology. After three years he came to this city and was assigned to St. Stephen's Church, in East Twenty-eighth Street. Among his other duties he was chaplain to "the Convent of the Visitation in Forty-second Street," and the "Hospital of the Alexian Brothers in Second Avenue." James (now Father Chester) is called to the Convent of the Visitation to see a dying nun. Sister Mary Dolores. "James Chester!" shrieks the nun. "Alicia De Vere!" yells the priest. Lady Alicia dies and James, as usual, laints away. It is all a mistake. It was Lady Alicia's first consin who married K. C. B. James' goes crazy and retires to a gypsum cave belonging to Jay Gould, on the outskirts of St. Louis, where he died last week. In his will he left \$5,000 to St. Stephen's Church in this city, and \$25,000 to the "Convent of the Visitation." went to Rome, after which, having called on Cardinal Antonelli (who, the

Church in this city, and \$25,000 to the "Convent of the Visitation."

The cold and cheeriess truth is that there never was any "Convent of the Visitation" in this city, no "Hospital of the Alexian Brothers," nor any Father Chester connected with St. Stephen's Church. Priests who were educated at the American College in Rome say that there was never any such Rome say that there was never any such man as James Chester in the College.—
N. Y. Tribune.

A Tidal Wave. The Weymouth & Channel Islande Steam Packet Company's mail steamer Aquila, which left Weymouth at her usual hour, twelve o'clock, on Friday night for Geurnsey and Jersey, on her passage across the channel encountered a very curious and dangerous phenomenon. The weather was calm and clear and the sea was smooth, when about

non. The weather was calm and clear and the sea was smooth, when about one hour out, and with the shamble light still in sight, the steamer wastruck most violently by successive and mountainous seas, which sent her or her beams and swept her decks from stem to stern. The water immediately flooded the saloon, ladies' cabin, forceshin and engine room extensions. flooded the saloon, ladies' cabin, fore cabin and engine-room, entering through the skylights, the thick glass of which was smashed into small fragments. The lamps in each of these places were ex-tinguished and smashed, and the floor to some depth were covered with water. The passengers were greatly alarmed, and as soon as possible they received orders to come on deck and shortly afterwards they were to be seen scramb-ling over the debris which strewed the decks. Every one was pale with fright. decks. Every one was pale with fright, while in the panic and confusion which prevailed neither salions nor passengers sould for a moment tell what really was the natter. One man was heard to exclaim that the vessel was fast making water and would probably soon go down. On sounding the pumps, how-sver, this was found to be incorrect; and consequently confidence that no further danger was at hand seemed to be assured As the decks became clear of water the As the decks became clear of water the actual damage became apparent. The bulwarks were found to be broken is several places, one of the paddle-boxay considerably damaged, the iron rail os the bridge was considerably twisted, the pump was broken and rendered useless the skylight of the ladies' cabin was completely gone, and the saloon skylight was smashed to atoms. Two large cases of plate-glass consigned to Jersey were smashed to pieces, and one among sases of plate-glass consigned to Jersey, were smashed to pieces, and one among several slabs of Bath stone weighing about half a ton each was broken to bits. Two coops containing fowls were washed overboard. The stewardess who reports being occupied at reading at the time, was knocked down across the cabin and was covered so thickly with broken glass and other debris that she was unable to move till it was taken from off her. The steward was standing in the companion-way when the force of the water drove away one of its sides, and he was thrown down stairs receiving a cut across the forehead. A seaman who was forward when the sea struck, fortunately clutched one of the davits and states that otherwise he would have been washed overboard. when the second sea struck he thought he could not hold on no longer, from the force of the surrounding waisr. It ap-pears that the Aquila was not able to shake herself clear of the first wave when the second one came upon her, and the Captain states that had another followed he fears she must have foun-dered. The cabins were balled out with buckets, while tarpaulins were I over the skylights for protection. tunately nobody was seriously injured. Five minutes after the waves had scruck

—A Deputy Sheriff named Hess treated a Chinaman condemned to death in California, not long since; so kindly that he said he should report him to "Poo Sot," the "Great Savior," and persuade him to send for Hess. When, a few days after, Hess died suddenly of heart disease the Chinese believed to heart disease, the Chinese believed that Sing Lum had kept his word and that the Angel of Death had been sent for offered for Kinesem. tiess.

—"Take Notice" is the name of s ew town in Idaho. If it wasn't for

The Reporter and the Lion

The Reporter and the Lieu.

The fair grounds was to-day the scene of an unusually distressing and peculiar socident. John J. Jennings, a reporter on the Post-Dispatch was sent by his city editor to write a lengthy notice about the winter quarters of W. W. Cole's circus, which are at the grounds, and in the course of an interview with George Conkling, the lion tamer. Jennings ventured the assertion that there was no danger attaching to Mr. Conkling's apparently thrilling appearance in the midst of the caged lions. In substantiating his assertion, he declared, his willingness to go into the den, providing Mr. Conkling made the first entrance. At first the lion tamer laughed at Jennings' proposition, but the reporter bantered him so much about it that he at last agreed to let him go into the cage. Jennings is the same rash little gentleman who allowed Hermann, the magician, to fire him out of a cannon across the auditorium of the Grand Opers House into a net three years ago. The samon rick was done during a perform-House into a net three years ago, cannon trick was done during a per ance, and the journalist had a narrow escape from breaking his neck. This afternoon, Conkling, who had beer handling lions since 1868, and who has two new lions in the den, made the first armanes, whipped the animals up, and after putting them through their paces, came out. He dold Jennings that there was danger with the two new lions, and tried to dissuade him from going in, but the reporter was rashly stubborn about the thing, and armed with Conkling's small rawhide, went boldly into the case does not be supported by the case does not sent the control of the case does not sent the case does n small rawhide, went boldly into the den. Coakling stood at the eage doors and watched the animals closely, ready, at a moment, to run in to the newspaper man's assistance. The lions lay close to the sides of the cage as Jennings stood at the center, and divided their attention between the reporter and Conkling. They growled fiercely and glared at the intruder, but Jennings shook the rawhide toward them and at last touched Sandy, one of the ald lions, on the rump, whereat he ran across the on the rump, whereat he ran across the stage, followed by two of the others, and soon the three animals were jumpsand soon the three animals were jumping about, obeying the reporter's word of command, leaping over the whip and lying down as cleverly as they could do for Conkling himself. The lion tamer said nothing, but had his hand on the cage door, watching Jennings and the animals as they shifted positions. The reporter had been in the cage probably two minutes when he started to put George, the second of the old lions, through the trick of jumping over his back while he leaned forward. He touched the animal's forepaws with the whip just as Conkling does, and over the reporter's back went old George. One of the new lions, just put into the cage this winter, in attempting to follow George knocked Jennings down. He fell toward a corner of the cage, in low George knocked Jennings down.
He fell toward a corner of the cage, in
which the second new lion that had refused to take part in the lion tamer's
performance had remained lying
throughout the whole time. "Look
out!" shouted Conkling, dashing inte
the cage and making a dive for the prostrate newspaper man. He was too late, however. The lion's claws fell or the top of Jeniing's head, and tors away almost the entire scalp. A second stroke tore the reporter's shoulder open, and as Conkling dragged him away the lion's claws were fastened in the shor and as Conkling dragged him away the lion's claws were fastened in the shot of his left foot, and tore the covering off. Conkling had the palm of his right hand opened by one of the animal's claws. There was the greatest uprobatin the cage for a few minutes, the lions roaring and rushing about while Conkling thrust Jennings through the cage door to two assistants, and recover door to two assistants, and re-

cage door to two assistants, and re-mained behind to belabor the animals into quiet with a short bar of iron. Jen nings was taken from the ground uncon nings was taken from the ground unconscious, and the physicians fear that he is fatally injured. Great indignatior prevails among the journalist's friends, who heard of the accident, and there is talk of having Coukling arrested, first, for having allowed Jennings to expose himself to such danger, and in the second place for not telling Jennings that the lion that injured him was bad, and is always kept chained in a corner of the cage. This latter circumstance is a fact. Coukling himself never ventures. cage. This latter circumstance is a fact. Conkling himself never ventures within reach of this lion. He is, there-fore, to blame for allowing Jennings to risk his life in the rash manner in which

he did .- St. Louis Special to Indianap

A Great American.

The universal prevalence of the colonial spirit is shown most strongly by one great exception, just as the flash of lightning makes us realize the intense darkness of a thunderstorm at night. In the midst of the provincial and barren waste of our intellectual existence in the girtheauth conturn. in the eighteenth century there stands out in sharp relief the luminous genius was cosmopolitan in thought, that his name and fame and achievements in name and fame and achievements in science and literature belonged to mankind; but he was all this because he was genuinely and intensely American. His audaeity, his fertility, his adaptability, are all characteristic of America, and not of an English colony. He moved with an easy and assured step, with a poise and balance which nothing could shake, among the great men of the world; he stood before Kings and Princes and courters unmoved and Princes and courtiers unmoved and unawed. He was strongly averse to breaking with England; but when the war came he was the one man who could go forth and represent to Europe the new nationality without a touch of the colonist about him. He met them all, great Ministers and great Soversigns, on a common ground, as if the all; but its best and, considering its date, its most extraordinary quality is its perfect originality. It is American in feeling, without any taint of English colonialism. Look at Franklin in the midst of that excellent Pennsylvanian community; compare him and his genius with his surrounding and you get a better idea of what the colonial spirit was in America in those days, and how the coughly man ware extracted. how thoroughly men were saturated with it, than in any other way.—Henry Cabot Lodge, in Allantic Monthly.

—The famous race-horse Kincsem, which was never beaten in any race, was shot the other day in London with its foal, having been taken ill of gianders. She won fifty-four races, but was

Jefferson wrote that "great cities are pestilential to the morals, health and liberties of man," and to-day everybody is swarming into great cities, no-encouraging for the future.—N. Y. Sun.

Queen Margaret's Memory.

Queen Margaret's Memory.

Queen Margaret, who speaks four innguages perfectly, and has none of King's constitutional shyness, is really remarkable for the tact and grace with which she contrives to say the right thing to the right person. The Countess C.—an American Catholic lady married to a man of high rank here—told me the other day that, after having a private audience with the Queen, she had remained quite astonished at the memory she displayed of all the characteristics of persons whom perhaps she only saw in the more formal reunions of the court. The Count and Countess C., it may be observed in passing, are of the liberal modern school of Catholics, who find the performance of their religious liberal modern school of Catholics, who find the performance of their religious duties quite compatible with a display of respect for the reigning sovereign. After a pleasant little conversation with Countess C. in English (which the Queen speaks perfectly), Queen Margaret said: "And your husband, what does he chiefly occupy himself with?" "Well, your Majesty, at present nothing seems to interest him more than the building of the large new barracks in our quarter of the town." our quarter of the town."
"Ah!" exclaimed the Queen, "I would

have predicted that. I always say to the King, when Count C. meets us our

the King, when Count C. meets us out driving, that, from his mere mode of saluting, I am certain he is more vieux militaire than anything else, and that his heart is with the army."

But the Queen displayed a still greater proof of that keen memory of details se valuable to royalty on the recent occasion of the presentation to her of the English Admiral, Sir Erasmus Omerans when we have for the carrival English Admiral, Sir Erasmus Ommaney, who was here for the carnival season with his family. She said: "I know your name very well, Admiral, for, spart from your distinguised services, I remember that you were in command of a ship at Gibraltar the first time that my brother, the Duke of Genoa, touched there, and that you showed him great kindness and attention."

tion. Sir Erasmus himself told me soo Sir Erasmus himself told me soon after the interview that he was quite struck with admiration, not only of the grace and tact with which she said exactly what was likely to be most pleasing to him, but at the fact of her prodigious memory for details, which might well have been forgotten in the passage of time.—Rome Cor. Boston

Knowing How to Swim.

The recent disasters on the waters have conclusively proved the advantages of the art of swimming. Those who could swim were not panic-stricken, and by swimming they escaped death by burning. Among the passengers of the Sewanahaka was Mr. Samuel Bartow, of New York, who, having provided himself with a life-preserver gave it to another passenger and jumped into the water. He turned on his back and floated, managing to keep his nose above water until rescued. All who could swim reached the shore in

If the water were not an absolute terror to people when a collision occurs or a fire breaks out, they would, with some degree of carefulness, set about lowering the boats. They would exercise their reason, look to see if plugs were in, and would lower the boats without emptying everybody out or filling the boats with water. On the Naragaratte was of the boats was lowered. ragansett one of the boats was lowered while the plug in the bottom was out, and the boat filled. The patent plug, which, by the pressing of the water on the bottom is forced home, ought to

the bottom is forced home, ought to be used in all boats; but it is not, and a little preservation of mental balance on the part of the passenger would avoid these unnecessary dangers.

It is not alone the art of swimming that will save life, but familiarity with water, and the belief that one can sup-port one's self in it for a time, would water, and the belief that one can support one's self in it for a time, would prevent the dreadful panies to which more than to the disaster the great-loss of life is due. If people knew that the moment they touch water they could support themselves in it, most of the danger would disappear. A swimmer, too, can use a life-preserver to better advantage than one ignorant of the art. Of course swimmers drown sometimes, but the proportion is very small. It is generally the boy who is not a swimmer that is drowned while bathing. The number of swimmers who are drowned is very much smaller than are drowned is very much smaller that drowned while bathing or sailing. Farm and Fireside.

Diplomatic Etiquette.

Chine punctillo is trying to mos Europeans, and many will rejoice to hear of the triumph of the German Min-ister, Herr von Brandt, over the Tsungister, Herr von Brandt, over the Isung.
ii Yamen. A German ship was plundered by Chinese pirates about a year ago. The provincial authorities refused redress. The matter was brought before the Yamen and clearly proved. The German Minister then said to Wang. Ta-jen—now in disgrace for bribery:
"To save delay send a telegram. Letters take so long." Whereupon Wang, who did not like the duty at all, said "Impossible; not even in the darkest days of the Chon dynasty were telegrams ent. Deliberation is necessary, and sent. Deliberation is necessary, and the discussion between our two nation must be ceremonious. Besides, I can must be ceremonious. Besides, I can-not consent to agitate the minds of the local officers by a sudden order. Let-ters shall be prepared and sent and all will go well. Allow me to tell Your Ex-cellency that patience is a quality of a superior man." Herr Von Brandt took the lesson and bided his time. This eigns, on a common ground, as if the colonies of yesterday had been an independent nation for generations. His autobiography is the corner-stone, the lirst great work of American literature. The plain, direct style, almost worthy of Swift, the homely, forcible language, the humor, the observation, the knowledge of men, the worldly philosophy of that remarkable book, are familiar to all: but its best and, considering its settle the rest with you here." To which the German Minister replied "To refuse the Yamen's request give me indescribable anguish; but to sen a telegram is impossible. The sage their graves to haunt me were I to do so. Besides, the nerves of a Captain in the German army cannot be agitated by a telegram. No, Excellency, I cannot comply with your request. By and by I shall by post receive details of the Swatow case. These shall be carefully Swatow case. These shall be carefully considered, and I will then deliver solemn judgment. Be patient, Ta-Jen. and all will go well. Everything shall be done ceremoniously and with deliberation, as your wise men advise. Be pleased to receive the assurance of my distinguished consideration."—St. James Gazette.

—As growth with the calves is a greater object than fat, a food that will produce muscle and bone is more desirable than one which produces flesh. Therefore oats and bran are esteemed a better food for growing calves than torn and bran.—Chicago Journal.

Bunning as An Exercise

Among the means which nature has bestowed on animals in general for the preservation and enjoyment of life, running, says Mercurialis, is the most important. Since, then, it is pointed out to us by nature, it must be in a high degree innocent. It is very singular that we should apparently do all we can—which, fortunately, is not much to make our children unlearn the art of running. Our earliest physical treatcan—which, fortunately, is not much—
to make our children unlearn the art of
running. Our earliest physical treatment of them seems calculated to destroy their aptitude for it; in a little
time, it is too often the case that the
city boy scarcely dares look as if he
wished to run, we prohibit it so strongly
as vulgar, and when he is more grown
up gentility steps in and prohibits it
altogether. Medicat prejudices and
our own convenience contribute likewise their share, and never allow our
children, boys and girls, to acquire an
art innocent of itself and necessary to
all. It is possible that a person may
get injury from running, but the fault
is not in the exercise, but in the person
who runs without having had proper
training and practice.

Negroes and Indians in a state of
nature run daily in pursuit of game for
food with a facility at which we are astonished, but they are not more liable
to consumption on this account than
those beasts that are so famed for
swiftness. The body of no animal
seems better adapted to running than
man's. The nobler parts, which might
be injured by an immoderate reflux of
blood, are uppermost, and the laws of
gravitation assist in propelling the

be injured by an immoderate retux of blood, are uppermost, and the laws of gravitation assist in propelling the runner forward. He has little to do but to strengthen his limbs by practice and concentrate his mind on the effort, and there is nothing severe in this, as avenerious has shown. Indeed, runexperience has shown. Indeed, run ing may be made very beneficial to be lungs, and perhaps there is nothing the lungs, and perhaps there is nothing better calculated to strengthen these organs, in those who are short-winded, than gradual, careful training in this almost lost art. "As soon as children are expert in walking, turning and the like," says the sagacious Frank, "running races under proper precautions is an excellent exercise for them." The principal objects of this exercise are to strengthen the limbs, develop the lungs, exercise the will and promote the circulation of the blood.

Running was so highly esteemed by

Running was so highly esteemed by the old Greeks, that Homer observed that no man could acquire greater fame than by being strong in his hands, feet and limbs; Plato recommends running, not only to boys and girls, but to men; Seneca, who expresses strong disappro-bation of athletics, recommends running to Lucilius for exercise. The following rules may be observed:

Running should only be practiced in cool weather; as, for instance, in the late fall, winter and early spring

The clothing should be light, the head bare and the neck uncovered. As soon as the exercise is finished, warm clothing should be put on and gentle exercise continued for some time. It is not nec-essary to have a race course. The teacher of a school may take his pupils into the fields and find suitable ground into the heats and find suitable ground for them. Then his pupils may exercise their bodies in other ways, acquire strength, agility, health and the capac-ity of continued exertion; the will is brought into play vigorously, which is a great aid in the battle of life.

Care must be taken not to overdo, and thus, perhaps for life, weaken or injure the heart. The race, at first, should be the heart.

the heart. The race, at first, should be short and frequently repeated, rather than long, and full speed should not be attempted for some time.

Running is well adapted to young and middle-aged persons, but not to those who are fat. Sedentary persons may find great benefit in it after the day's work is orded. If they live in eities a and great benefit in it after the day's work is ended. If they live in cities, a quiet spot in the park may be selected, and short trials adapted to the strength entered into. Invalids may do the same thing, only they must be more careful than the robust never to over-exert themselves. themselves.

Girls may run as well as boys, and while they cannot go so fast, they can run much more gracefully and beauti-fully. Indeed, there can be few more at-tractive sights than that of a race betractive sights than that of a race between beautiful girls from ten to twelve years of age. In ancient Greece girls were trained to run races as well as boys, and to their superb physical culture was in great part due the grandeur and beauty of Greek life during the years of their ascendancy. The modern style of dress for girls is entirely unsuited to running.—Herald of Health.

Earth mounds are common near the river banks all along this part of coast. The most remarkable work this kind is on the south bank of Spruc Creek—an estuary of the Halifax. It base has a diameter of one hundred feel and it attains a height of fifty feet, with steep sides, except on the east, which is inclined, apparently, for a roadway. Excavations near by reveal the source of supply for the material in the construction of this mound. In these artificial hills have been found specimens of pottery, stone pipes, rude vessels for domestic use, charcoal, skeletons and domestic use, charcoal, skeletons and ornaments. The mounds are evidently the work of the same race of people who constructed the military fortifications, or canal beds, near Lake Okeechobee. There is nothing to indicate the age of the shell mounds or of the earth mounds on Spruce Creek—no timber growths of sufficient size to record the passage of the certuries. But on the Lake Flirt works the case is different. On the crests of these artificial upheavals the live oak is growing in luxuriance. While the age of the largest specimens of these trees cannot accurately be determined. trees cannot accurately be determined, it is safe to say they are from 700 to 1,000 years old. And they have had germination and continuous life since the earth was disturbed by the hand of man. America is called the new world and Florida is the newest part of it, for the polyp has not yet ceased his work of creation here. And yet it is of such or creation here. And yet it is of such great age that many of the important events of the old world's history are recent when compared with what we know has happened in the new. —Barton D. Jones, in Cincinnati Commercial-Gazette.

One recent morning Kate Slocum, a pretty Florida girl, stood at the door of her father's house watching the rising sun just peeping above the tree tops. Paddy, the gardner, came whistling along the road at that moment, and as he was passing Kate a cloud for a moalong the road at that moment, and as he was passing Kate a cloud for a mo-ment obscured the orb of day. "Sure." said Pat, with a bow and a smile, as he lifted his hat, "when the sun beyant caught sight of your eyes he was jeal-ous and ashamed and hid himself away." Did any gallant ever say s prettier thing?

-It is said that the Mormon emissa ries in the South have never succeeded in converting a negro to Mormonism.

Wouldn't Tell.

The old squatter's spirit. A gentle-man while driving along in a buggy came to a very muddy, not to say dan-gerous, place in the road. Seeing an old man sitting on a fence, he called

"My friend, I'm bothered here."
"So am I."
"Well, then, we are in the same boat What's the matter with you?"
"Shot at a man."

"Shot at a man."
"Why does it bother you?"
"Cause I didn't hit him."
"Who was the man?"
"My son-in-law."
"Why did you shoot at him?"
"Cause I stole his jug, an' I shot to keep him from shootin'."
"But, as I was saying, I am bothered here. I don't know which side of the road to take. I am afraid that my horse will mire down. Which is the best side?"
"Blamed if I know."

"Here, now, no fooling. I want to know which side."
"The cheapest."
"Here, now, no fooling. I want to know which side."
"That's none of my business."

The traveler, irritated up to the dan-ger line, drew a pistol, leveled it at the

ger line, drew a pistol, leveled it at the man on the fence, and said: "Jump down and show me the best road, or I'll shoot the top of your head off."
"Certainly, sir, he said, anything to oblige you. If I'd er knowed that you was in sich a earnest fit, I'd a told you early this mornin'. Why didn't you send a boy on ahead with one of these here tilegraph disnatches? You was in. here tilegraph dispatches? You remind me of an old feller that lives over here at the bend. Nearly all of the boys say he's a good un. 'So you want to know the best side of the road here, and the beauty about the thing is that you are in earnest. It is only these earnest men that set the forks of the creek afire. Say, do you know Big Goose Creek

"Look here," again leveling the pis-tol, "I want you to hurry up and show me the best side of the road. I don't want to ruin my horse and lose my buggy. It wouldn't take a minute to tell me."

"Yes, I'm hurrying up," continuing to move around, "but you see a man's got to think these days. There was a time when a man what thought much wasn't respected in the neighborhood, and that is the reason why the folks over my way didn't care so much for my so-ciety until lately. Let me see which side, now. I don't want to make a mis-take. Well, sir, up where the Big Goose Creek forks is where my father used to fish, and when I was a boy I had Goose Creek forks is where my father used to fish, and when I was a boy I had the dingest fight there you ever seed, but good day," and leaping the fence, and keeping a tree between himself and the traveler, he ran away. All of this unnecessary work was done to keep from saying to the right or to the left of the road.—Arkansaw Traveler.

The Return of a Jack-Knife.

A gentleman on Lisbon Street Satur-day was talking of the wonderful re-turn of a jack-knife that he lost twentyfive years ago. The gentleman has be visiting the clerk of courts in Lewist visiting the clerk of courts in Lewiston during the past week. He made his jack-knife himself upon his own forge, and in his leisure moments covered the bone handle with his initials and a numand in his leisure moments covered the bone handle with his initials and a number of odd devices. A year after, in the deep snows on the road to Kingsbury, Me., he overtook a man attempting to tie up his sleigh that had broken down. He jumped out to assist the man, lent him the jack-knife, and forgetting it, rode off without it. He never saw the man again. Fifteen years afterward his daughter married, and her husband, struck with the western fever, took a trip west and brought up in Minneapolis, Minn. Among the people in that State with whom he came into contact was one who was proverbially hard up. Reduced to straits he had pawned everything. Coming along one day, with a peculiar-looking jack-knife, he offered it for sale. The gentleman bought it and came home soon after, and a day or two after his arrival he took the knife out of his pocket. His wife pounced upon him. With a thouand rapturous expressions of surprise, she demanded to know where he got it. He told her he bought that knife in Minneapolis. She said it was "father's." "Father was brought in and the knife was identified as his. No explanation could be offered by the gentleman as to how his own identical jack-knife, lost on a country road in Maine, could be found by his son-in-law in a western country. This was ten years ago. The gentleman has the jack-knife now.—

Lewiston (Me.) Journal. Lewiston (Me.) Journal.

Postal Notes

We have already mentioned the fact that by act of the late Congress the Post-master General is authorized to issue postal notes"—or money orders—for ims less than five dollars. These notes postal notes will be issued at, and redeemed by, all noney-order postoffices.

The object of these notes is to furnish something which represents money, that can be sent by mail when it is not worth while either to register a letter or to take out a money order, and when the sum to be transmitted is not an even amount in

The form of the postal notes has not yet been made public, but according to the law they are to be made payable at the postoffices to which they are sent, at the postoffices to which they are sent the postoffices to which they are months from the date when they are purchased. It is not presented within that time they are not presented within that time they can he sent to Washington and re-issued by the Postmaster General.

A great many people have regretted the redemption and disappearance of the old fractional currency, which was called in to be exchanged for silver coin in 1876. At the time when the exchange began there was not far from forty million dollars of the fractional currency in circulation. circulation. It is now nearly all re-deemed_that is, all that will ever be The provision that the postal notes

shall be presented for payment within three months will prevent their circula-ting as money. On the whole, the sys-tem bids fair to be one of great useful-ness to the people.— Fouth's Compan-

—"All in the fashionable world," says London Life, will remember that some months ago a charming and accomplished young lady met with a frightful accident through her dress catching fire. So severe were her injuries that life was despaired of, and the officiating clergyman of a well-known West End church was sent for to administer spiritual consolation to one believed to be moribund. To him the lady said: "As I know that I am dying, I have secret I will disclose to you only. I love you with my whole heart." The prompt reply was: "You must not die, but live to be my wife." I am glad to add that this week the lady was married to the object of her a fections." -"All in the fashionable world," says

Short Clothes

The first short dresses, put on at the age of six months, are white nainsook slips with high yokes and long sleeves, and may be made of the first long slips with high yokes and long sleeves, and may be made of the first long dresses shortened to escape the floor, and not to be in the child's way when it first attempts to walk. Sashes are little used with these dresses, as they appear to cut the short figure in two, and the flowing effect is simpler and every way prettier. The first short wrap is usually white or pale gray in sacque shape, with a cape, and should be deep enough to cover the little white dresses. The second set of short dresses, put on a the age of two years, or at eighteen months, if the child is large, has more variety of shape, and a good deal of color is then introduced both in the dresses and wraps. The guimpe dresses, flowing Mother Hubbard dresses, and the half-loose English princesse dresses are worm by girls of two years. White dresses of muslin with guimpes are for the nicest occasions, while those of colored cashmere, flannel, Chambery, lawn, Scotch ginghams, in pale blue and pink, and the darker Turkey red cottons and sprigged satteens, are also worn with white muslin guimpes, or else with a simulated guimpe of the material of the dress. This guimpe may be a separate high-necked waist gathered to a belt, and with long, slightly full sleeves made of muslin tucked and embroidered, and worn with any low-necked, short-sleeved dress, or else it may be a square worn with any low-necked, short-sleeved dress, or else it may be a square worn with any low-necked, short-sleeved dress, or else it may be a square yoke and long sleeves of the muslin, to which the little full dress, white or colored, is permanently attached. The effect of a square low neck with short puffed sleeves passing high over the shoulders is most liked for these dresses, and the little yoke slips so long worn may easily be given this appearance by adding a puff above the arm-holes, and placing edging to stand erect along the edges of the yoke in front and back and above the shoulder puffs. Such a guimpe of white muslin may have a dress of pale blue, buff, pink, or strawberry cashmere, or of embroidered muslin, white nainsook, cambric, Chambery, ecru batiste, Scotch ginham, linen lawn, or of light or dark blue flannel. The dress may have rows of shirring lawn, or of light or dark blue flannel. The dress may have rows of shirring massed in the centre of the back and front, and hang loose thence, or be shirred again all round below the hips, and sometimes the flounce of embroidery is attached to the waist in this cluster of shirring. There are also guimpe dresses with tucks or box plaits and insertion down the close front, with full backs that are shaped into the figure by wide sash like strings of the material sewed into the side seams just at the waist line or else far below the hips, and tied in a large bow behind.

Another plan with mothers is that of

at the waist line or else far below the hips, and tied in a large bow behind.

Another plan with thothers is that of letting the child wear its white muslin yoke slips to serve as a guimpe and petticoat, and putting on over this slow-necked dress of cashmere or muslin, which may have a belt, and look like a peasant dress, or else it may be shirred below the hips. That this makes the child look bunchy does not matter, as all dressing for very small children is now very full, and nothing so quickly detracts from its picturesqueness as any appearance of scantiness either is length or breadth. For travelling and summer dresses in the country gray-blue, garnet and brown flannel dresses are made with simulated guimpes of the same, or of white cashmere, or of flannel of a contrasting color, and rows of braid to match the guimpe trim the skirt, sometimes heading tucks that are so useful for lengthening the skirt as the child grows or the material shrinks. Mother Hubbard dresses of full straight breadths gathered to a plain or shirrer yoke are liked for every-day dresses of wash goods and for the electric and navy blue and strawberry red dresses of cashmere or of flannel that children now wear with French aprons of sheer whitz Victoria lawn, or cross-barred muslin, cashmere or of flannel that children now wear with French aprons of sheer white Victoria lawn, or cross-barred muslin, or French nainsook. These aprons are half-high and square on the shoulders or else round and low in the neck, with the merest strap of edging, a little puff or cap for sleeves, and are long enough to entirely cover the dark dress which may have grown shabby during the winter, and needs the touch of freshness that the white apron gives. For slender children the apron gives For slender children the apron is full and straight, but for those who are quite plump there are aprons with fitted and straight, but for those who are quite plump there are aprons with fitted fronts, striped and bordered with inser-tion, or else with box plaites down their whole length, separated by inch-wide rows of insertion. White cotton sat-teen in plain reps, or striped like dimity, or else with woven Jacquard designs of leaves, stars and daisies, is the novelty that rivals pique for the half-loose straight English dresses that are made all in one piece, and are known as Prinall in one piece, and are known as Prin cesse dresses. These dresses now have lengthwise tucks, or else box plaits and insertion, from the neck to the hips, where there are basque-like pieces added to pass around the hips, and under-neath this is sewed a plaiting like a kilt neath this is sewed a plaiting like a kill to finish out the garment the proper length. Embroidery is the trimming for these thick white dresses, and similar designs are made of nainsook with lace, but for most of the dresses worn by very small girls embroidery is the trimming preferred. New caps for girls of two years are of Irish point embroidered muslin in close shapes, with a ruffe of embroidery on the edge. There are also small pokes with a cap trimming inside the brim, and others with a puffed soft crown and plaited front. Large brims with low crowns are seen on the straw hats to be worn by the smallest girls, and these are colored to match the wrap worn with them, or else they are white English straw trimmed with colored pompons and ostrich tips, and lined throughout the brim with dark satin, or it may be with velvet. Their and lined throughout the brim with dark satin, or it may be with velvet. Their pretty spring and summer wrap is a half-long straight sacque of English red, darker garnet, or electric blue cloth, with white brandebourgs across the fronts, white braid in rows on the edges, and large white pearl buttons. This is short enough to display the flounces or half the skirt of white dresses. Logger boats to conceal the dress are also either red or blue cloth or a light quality of fine flannel, made with single-breasted red or blue cloth or a light quality of fine fannel, made with single-treasted sacque fronts, while the back has two well-defined broad box-plaits below the waist; rows of stitching are on the deep sollar and steeves. Very large round sollars of corn or cream white embroidary, scrim, greandine or braid lace are worn with these coats. Black stockings at those the color of the dress are worn with black kid buttoned shoes.—Harpwis Ragar.